#### A PUBLICATION OF THE HANOVER COUNCIL ON AGING

665 Center Street • Hanover MA 02339 • Telephone (781) 924-1913 • coa@hanover-ma.gov

**JULY/AUGUST. 2016** 

HANOVER COUNCIL ON AGING MISSION STATEMENT

To provide services, educational programs and activities which enhance and promote the highest quality of life for each individual. The Mailing of this newsletter is supported in part by the Executive Office of Elder Affairs

#### Summer's Message .......

For many, summer is a time to unwind, a season to slowdown and be more carefree. The light hearted days of summer are beneficial reminders that we should carry through all year long. A mini vacation from the everyday doldrums may be all that is needed to "chill".

New programs are being planned at this time. Programs are geared to Hanover Senior Center participant's needs, requests, interests and participation. The programs we offer are based on statistics that shows which program have been successful and what has been requested and attended by the majority of Hanover Seniors. Other towns may offer programs requested by the majority of their clientele. Every center is different. The local Directors in this area that I am familiar with have big open hearts and do an exceptional job for their community based on the majority of their client's requests. . When space and time allow, we are always willing to try new things, however to be fair to everyone, if a program lacks participation, it is time to move on. As we rest and reflect, I think that this is a good time to remind everyone that the recreational and social activities held at the Hanover Senior Center, while still very important to senior's wellness, are a small fraction of the services we offer. I consider all staff members as Outreach workers. The welfare of Hanover seniors comes first. On occasion, an in-service is necessary for training, information and educational purposes and we will be closed for that time. Thank you for valuing our efforts to help our Seniors who are in need of these important services. If you need to "chill", please stop by our air-conditioned Senior Center, relax and take a mini va-

cation here. Robyn

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time." John Lubbock, The Use Of Life



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 1:00 MOVIE  PM SHOPPING-SHAWS LEGION & BARSTOW
4 4TH OF JULY HOLIDAY CENTER CLOSED	9:30 MORNING OUT 1:00 WATERCOLOR 2:15 STRETCH & RELAX PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS	9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER	10:00 BOWLING 10:00 ZUMBA 11:45 TAI CHI 1:00 BRIDGE 2:15 STRETCH & RELAX PM MALL SHOPPING	8 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE PM SHOPPING-SHAWS LEGION & BARSTOW
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 LINE DANCING PM SHOPPING SHAWS- CUSHING & OTHERS	9:30 MORNING OUT 11:45 OLD COLONY SPECIAL LUNCH 1:00 TAI CHI 2:15 STRETCH &RELAX PM SHOPPING KOHLS/STOP & SHOP	9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 Hypnosis Makeup	10:00 BOWLING 10:00 ASK A LAWYER 10:00 ZUMBA 11:45 TAI CHI 1:00 BRIDGE 2:15 STRETCH & RELAX PM MALL SHOPPING	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 1:00 BOSTON LIGHT PM SHOPPING-SHAWS LEGION & BARSTOW
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:00 OLD COLONY PRESENTATION 1:00 MAH JONG PM SHOPPING SHAWS- CUSHING & OTHERS	9:00 BLOOD GLUCOSE 9:30 MORNING OUT 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH & RELAX  PM SHOPPING STAR/MARSHALLS MARSHFIELD	9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 Hypnosis Makeup	10:00 BOWLING 10:00 ZUMBA 11:45 TAI CHI 1:00 BRIDGE 2:15 STRETCH & RELAX PM MALL SHOPPING	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 1:00 MOVIE PM SHOPPING-SHAWS LEGION & BARSTOW
8:30 YOGA 9:30 BLOOD PRESSURE 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 LINE DANCING PM SHOPPING SHAWS- CUSHING & OTHERS	9:30 MORNING OUT 11:00 TRIAD 1:00 TAI CHI 2:15 STRETCH & RELAX PM SHOPPING MARKET BASKET	9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER	10:00 BOWLING 10:00 ZUMBA 11:45 TAI CHI 1:00 BRIDGE 2:15 STRETCH & RELAX PM MALL SHOPPING	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE PM SHOPPING-SHAWS LEGION & BARSTOW

All the seniors in town are reading this newsletter.

Do they know who YOU are?

Call to place an ad today 800-477-4574



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG PM SHOPPING CUSHING & OTHERS	9:30 MORNING OUT  1:00 WATERCOLOR 1:00 TAI CHI 2:15 STRETCH & RELAX CHRISTMAS TREE/ ROCHE BROTHERS  AU	9:30 YOGA 11 STRENGTH TRAIN 1:00 POKER	10:00 BOWLING 10:00 ZUMBA 11:45 TAI CHI 1:00 BRIDGE 2:15 STRETCH & RELAX PM MALL SHOPPING	8:30 ACUPUNCTURE (By Appt) 9-12 FOOT CLINIC (By Appt) 10:00 ARTHRITIS EXERCISE 1:00 MOVIE PM SHOPPING-SHAWS LEGION & BARSTOW
8 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 LINE DANCING  PM SHOPPING SHAWS- CUSHING & OTHERS	9:30 MORNING OUT 11:45 OLD COLONY SPECIAL LUNCH 1:00 TAI CHI 2:15 STRETCH & RELAX  PM SHOPPING KOHLS/STOP & SHOP	9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER	10:00 BOWLING 10:00 ZUMBA 10:00 ASK A LAWYER 11:45 TAI CHI 1:00 BRIDGE 2:15 STRETCH & RELAX PM MALL SHOPPING	8:30 ACUPUNCTURE (By Appt.) 10:00 ARTHRITIS EXERCISE PM SHOPPING-SHAWS LEGION & BARSTOW
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG PM SHOPPING SHAWS- CUSHING & OTHERS	9:00 BLOOD GLUCOSE 9:30 MORNING OUT 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH & RELAX PM SHOPPING STAR/MARSHALLS MARSHFIELD	9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 COOKOUT	10:00 BOWLING 10:00 ZUMBA 11:45 TAI CHI 1:00 BRIDGE 1:30 HANOVER GARDEN CLUB PROGRAM 2:15 STRETCH & RELAX PM MALL SHOPPING	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 1:00 Movie PM SHOPPING-SHAWS LEGION & BARSTOW
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 LINE DANCING PM SHOPPING SHAWS- CUSHING & OTHERS	9:30 MORNING OUT 1:00 TAI CHI 2:15 STRETCH & RELAX PM SHOPPING MARKET BASKET	9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER	10:00 BOWLING 10:00 ZUMBA 11:45 TAI CHI 1:00 BRIDGE 2:15 STRETCH & RELAX PM MALL SHOPPING	8:30 ACUPUNCTURE (By Appt.) 10:00 ARTHRITIS EXERCISE PM SHOPPING-SHAWS LEGION & BARSTOW
8:30 YOGA 9:30 CRIBBAGE 9:30 BLOOD PRESSURE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG PM SHOPPING SHAWS-	HANOVER GARDEN CLUB with KERRY ANN MENDEZ THURSDAY, AUGUST 18, 2016 AT 1:30 PM RESERVATIONS ARE NECESSARRY  Please join the Hanover Garden Club for a lecture by Kerry Ann Mendez who will speak on "The Right-Size Flower Garden: Exceptional Plants and Design Solutions for Aging and Time-Pressed Gardeners" on Thursday, August 18, 2016 at			

PM SHOPPING SHAWS-**CUSHING & OTHERS** 



1:30 pm. Change happens. Job demands, kids, grand-kids, money, hectic schedules, aging bodies, and changing interests have led to gardens that are not in balance with

our lifestyle. Time for some 'editing'. This inspiring lecture provides easy-to-follow right-sizing strategies, recommended no-fuss plant material, and design tips for stunning year-round gardens that will be as close to 'autopilot' as you can get.

Kerry Ann Mendez was awarded the 2014 Gold Medal from the Massachusetts Horticultural Society as an outstanding horticulturalist and a person who has made significant contributions to the enjoyment of the environment. She has given lectures and organized symposiums in the United States and Canada, speaking at flower shows, botanical gardens, garden clubs and Master Gardeners events. She has contributed articles for national magazines such as "Horticulture" and "Better Homes and Gardens" and written four books.

Light refreshments will be served after the lecture. The program is funded in part by a grant from the Hanover Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Because seating is limited, it is necessary to call the COA to make a reservation at 781-924-1913.

#### **JULY ACTIVITIES**

#### FREE MOVIES and popcorn Friday, July 1, 2016 at 1:00PM THE LUNCH BOX

A mistaken delivery in Mumbai's famously efficient lunchbox delivery system connects a young housewife to an older man in the dusk of his life as they build a fantasy world together through notes in the lunchbox.

#### July 22nd at 1:00

An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

### And Ice Cream social Friday, July 15, 2016 at 1:00PM

Reservations are necessary.

The presentation provides broad-strokes of Boston Light located on Little Brewster Island at the entrance of Boston Harbor. It is the last manned Coast Guard Light Station in the country, has been a way-shower for safe navigation into Boston Harbor since 1716. Little Brewster Island is also one of the 34-islands and peninsulas that comprise the Boston Harbor Islands National and State Park adding more to its historical significance. This slide show will be presented by Coast Guard Auxiliary Boston Light Assistant Keepers Jan and Jay Koleszar.

# OLD COLONY ELDER SERVICES PRESENTATION Monday July 18 at 11AM

Come and find out the range of service that OCES offers. You know they organize the Meals on Wheels program. But did you know that they can help seniors with housing and emergency financial needs? Reserve your spot and find out how they can help you.

#### **TRIAD**

Join us Tuesday, July 26 at 11AM for a presentation and light lunch. Bring in your important documents and cards and get them photocopied. This program is free but sign up by July 21 is required.

#### **AUGUST ACTIVITIES**

FREE MOVIES and popcorn August 5, 2016 at 1PM HELLO, MY NAME IS DORIS

There's a right way to be single, a wrong way to be single, and then...there's Alice. And Robin. Lucy. Meg. Tom. David. New York City is full of lonely hearts ... With help from her best friend's (Tyne Daly) grand-daughter (Isabella Acres), a smitten woman (Sally Field) concocts schemes to get the attention of a younger co-worker (Max Greenfield) in her office.

#### SECOND BEST EXOTIC MARIGOLD HOTEL

August 19, 2016 at 1 PM

It is the expansionist dream of Sonny (Dev Patel), and it's making more claims on his time than he has available, considering his imminent marriage to the love of his life, Sunaina (Tina Desai). Sonny has his eye on a promising property now that his first venture, The Best Exotic Marigold Hotel for the Elderly and Beautiful, has only a single remaining vacancy – posing a rooming predicament for fresh arrivals

#### **COMMUNITY SERVICES COOKOUT**

Wednesday, August 17, 2016 Please see page 5

#### HANOVER GARDEN CLUB

Thursday, August, 18, 2016 AT 1:30PM Please see page 5 Please see August Calendar on page 3.

LINE DANCING RETURNS THIS SUMMER Due to popular demand, Michelle from Studio 53 will return to teach us more dances. She will be here on four Mondays this summer. Come in July 11, July 25, August 8 and August 22, 2016

#### OLD COLONY SPECIAL LUNCHES

On July 12 at 11:45AM, enjoy oven fried chicken breast, salads and strawberry shortcake. Only \$2.50, sign up and pay by July 6.

On August 9 at 11:45AM, they will serve hamburgers, vegetables and blueberry parfait. Only \$2.50, sign up and pay by August 3.

#### WEIGHT REDUCTION HYPNOSIS MAKEUP CLASSES

July 13th and 20th at 1:00 Free to wait listed clients We will call you.



## TOWN OF HANOVER COMMUNITY SERVICES DEPARTMENT

IS COOKING UP SOMETHING FOR its SENIORS
WEDNESDAY
AUGUST 17, 2016
NOON
AT

HANOVER SENIOR CENTER MUST SIGN UP BY AUGUST 12, 2016 HANOVER SENIORS ONLY FREE!

COMING IN SEPTEMBER.....

words:

#### BOOK CLUB AT THE CENTER

Our book club at the John Curtis library is so popular that it is full. However, Hanover seniors love to read and they asked for another book club.

This new book club will be held at the senior center on the last Wednesday of the month at 1PM.

The first meeting is Wednesday, September 28.

John Welsh will be the facilitator He was an English teacher for thirty-five years. He has participated in many reading groups and led several of them. He enjoys leading such groups, and has developed a format that works well. In his own

"I like the opportunity that a book group gives to examine and question existing beliefs and to explore new points of view. I would like this group to read a variety of classic and contemporary novels that will provide such experiences."

The first selection is an early novel by Anne Tyler, a highly regarded modern American author.

This novel, Searching for Caleb, details with humor and compassion the conflicting urges of maintaining traditions and adapting to change.

#### **ALSO COMING IN SEPTEMBER**

Deco Art
Reviving Bingo
A health fair on September 23.

#### VETERANS NEWS JULY, 2016



VA Secretary Robert McDonald recently testified before the House Veterans' Affairs Committee regarding the backlog of benefit appeals. He admitted that changes in the process need to take place as soon as possible. He is asking Congress to move ahead with the current reform bill prior to the presidential campaign this fall.

Currently there are over 440,000 appeals pending with a timeframe for a hearing on an appealed claim to be over 4 years. McDonald's goal is to get the timeline down to one year.

The plan for change would "disentangle" layers of law that govern disability appeals. It would give Veterans multiple paths to adjudicate claim disputes and would maintain the effective date from when their claim was filed. The VA projects that by 2021, the appeals process should be down to one year.

My recommendation for now is NOT to appeal a claim. You should reread carefully the reasons why the VA rejected your claim. Gather potential new information, be clear and concise in your response and re-file a new claim. Your review and decision will be quicker than using the appeal process.

If you have questions about your military/Veteran's benefits contact Hanover's Veteran Service Officer, Mike Thorp, located at town hall, 781-829-0968.

#### HELP BUILD THE..... VETERAN'S MEMORIAL GARDEN

PAVERS AND BENCHES AVAILABLE TO HONOR OR REMEMBER A SPECIAL HANOVER VETERANS.

More information and applications available at the Hanover Senior Center.

#### **NEW AND RENEWED FRIENDS**

Ann Chizauskas, Joe & Judi Barca, Martha Abraham, David Duff, William & Dorothy McDonough, Rose Praetsch, Claire Xidea, J. Paul & Sheila Valicenti, Francis & Barbara Joubert, Ann & Mike Fell, Robert & Helen Alexander, Patricia Pervane, Joseph & Ruth McGlone, Ann McLeon, Marie Sisk, Ella O'Sullivan, Angela Mullins, Bob & Elizabeth Meader, Joseph & Eileen St Onge, Betty Vogel, Robert Courrier, Janet Issa, Elaine Backer, Carolyn Ryan, Michael & Donna Hayes, Harvard Pilgrim Health Care, Joan Norris & Ray Larsen, Bill & Elaine Spooner, Nancy Davis, Beverly Colton, Al & Joan Wood

#### **IN HONOR OF**

William & Dorothy McDonough in honor of Katie O'Brien

Francis & Barbara Joubert in honor of COA staff John Tuzik in honor of Eileen Zadorian

#### ADDITIONAL DONATIONS

Joe & Judi Barca, David Duff, Bernadette Whitney, Claire Xidea, Francis & Barbara Joubert, Sheila Valicenti, Ann & Mike Fell, Patricia Pervane, Joseph & Ruth McGlone, Marie Sisk, Joseph & Elizabeth St Onge, Betty Vogel, Janet Issa, Elaine Backer, Carolyn Ryan, Joan Norris & Ray Larsen, Paul & Diane Hickey and Family, Jo Judge, Marge Bates, Donna & John Fay, The Hunt Family, John Tuzik

#### IN MEMORY OF

Rose Praetsch in memory of Richard & Robert
Praetsch Francis & Barbara Joubert in memory of
Donald, Joseph, Gaudias, and Margaret Joubert
Sheila Valicenti in memory of Jill Faulstich
Marie Sisk in memory of John Sisk
Joseph & Eileen St Onge in memory of Fritz Reincke
Elaine Backer in memory of Richard Backer
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Paul & Diane Hickey and Family in memory of
Mathew Paul

Jo Judge in memory of Ruth Hunt Marjorie Bates in memory of Ruth Hunt Donna & John Fay in memory of Ruth Hunt The Hunt Family in memory of Ruth Hunt

## Friends of the Hanover COA presents

National Touring Musical Revue "The Country Jamboree"

## Now performing at the Venus de Milo (75 Grand Army Highway Swansea MA)

Thursday September 29, 2016 \$79.00 per person 11:30 A.M. Doors Open 12:00 P.M. Luncheon: Chicken Parmesan or Baked Scrod

Soup, Potato, Vegetable, Dessert and Coffee
1:45 P.M. "The Country Jamboree"
3:00 P.M. Depart for Home
\*Full payment and meal choice are required at time
of booking and due on or before
Friday, September 2, 2016

#### Lake Winnipesaukee Turkey Dinner Train

Tuesday, October 18, 2016
\$85.00 per person
Scenic Foliage Drive
Roast Turkey Dinner aboard the Train
Scenic Train Ride
Farm Stand Visit for Apples
\*Full payment is due on or before Friday, September 23, 2016

#### **FOXWOODS**

Tuesday, September 20, 2016 \$25.00 Bus departs Center at 7:30

For all trip further information, contact Dot Quinn at 781-829-4241

### **PRODUCT DONATIONS**

John Buzad, Ruth Grono, Karen Zuparte, Anne



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> George, Van Driver Van Driver

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Please make checks payable to Friends of Hanover COA and mail to: Hanover Council on Aging, 665 Center St., Hanover, MA 02339. I would like to become a Friend of the Council on Aging. Enclosed are my dues of \$5 per person for 2016

Name:
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Additional Contribution:
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In Honor of:
Send acknowledgement of: